The effect of a training program according to the representative patterns of NLP at levels Performing some attacke and defensive Skills For fencing players

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The research aims to:

The research aims to design a training program according to representative modeles (visual, auditory, kinesthetic sense) for linguistic programming and to know its effect on improving the level of performance of some offensive and defensive skills for fencing players **Method used:** The researcher used the experimental method to design three experimental groups by the before and after measurement, in order to suit the design of the nature of the research.

The research sample: The research was conducted on an intentional sample of (23) students from fencing specialization at the Faculty of Physical Education - Assiut University, they were classified into three experimental groups, the first experimental group (9) (Visual) and the second experimental group (8) audio, and the third experimental group (6) Kinetic sense, according to the results of the VAK model, then homogeneity was performed between the three groups

Conclusions:

The researcher concluded that the training program in the light of the representative models of NLP has a positive effect on at levels performing some attack and defensive Skills For fencing players

Recommendations:

- Applying the proposed training program in the light of NLP models, for its positive impact on improving the level of skill performance, when training students specializing in fencing and the like in the training age.

Introduction and research problem:

Based on the complementarity between theory and practice in achieving the maximum possible mathematical performance, NLP operates a distinguished site and an applied approach that contribute to providing many methods and means for modifying an individual's athletic behavior and controlling his thoughts and emotions before, during and after sports performance.

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Where "Sue knight" indicates that NLP is the study of what is going on in thought, language and behavior, as it is a way to encode and reproduce excellence, which helps the individual to achieve the results that he wants for himself, his work and his life, and NLP classifies people into categories according to the preference of their senses To the visual, auditory, and sensory, and the senses and the associated psychological properties and sensory functions are among the most accurate and most important devices that play their role in human life, and the assimilation of knowledge does not depend only on the human level of sensory level, but this knowledge can be upgraded To the highest level of uncle development training Yat volitional for the senses, and the most important senses that play an important role in the acquisition of human knowledge, and the level of performance of the various works, namely Hacta hearing and sight. (9:10)

NLP also contributes to providing the athletic individual in ways that help him to become more efficient and effective in implementing training and competitive performance requirements, more control over his ideas, emotions and behavior, better in the ability to achieve goals, and more positive in his interaction with the surrounding environment, if the player does not have In the same purpose or resources to accomplish what he wants, NLP helps him to discover the skills and methods of those around him in thinking and then integrate with them in their common positions, in order to be more successful as a team (5: 16,22)

"Eric" (1999) notes that fencing is one of the sports that requires competitors to demonstrate different abilities effectively, whether physical, skill, planning, or psychological because it is distinguished from other sports by continuous muscular work to achieve touches in different target locations and the ability to Acting in the most difficult situations (20: 20).

And the attack is those movements made by the swordsman to try to record his touch in the opponent's goal, and this is done either by straightening the arm or straightening the arm with progress or spreading the arm with stabbing and this is done either by one blade movement

taking place at the time of one weapon or by more than one blade movement is done in more From the time of one weapon, the attack may end in the same direction of cohesion or opposite direction. (13: 124)

Many specialists in fencing sport agree "**Aldunade**" (1994) (16) "**Maxwell**", "**Emmanuel**" (1995) (22) "**Ibrahim Nabil**" (1998) (2) "**Hussein Hajjaj**", "**Ramzi Al-Tanbouly**" (1999) (7) "**Fatnat Gabriel** et al." (2000) (12) that attack performance in fencing is based on simple and complex attack, counter-response, counter-response, counter-attack and attack-renewal skills, and these skills are performed according to the distance of jugging and the appropriate timing, and all of these skill performances have important requirements To record the opponents' touches, and thus play an important role in the results of the matches.

Defense in the sport of fencing is considered an important pillar of its pillars, so that this sport was sometimes called "the art of defense" as it plays an important role in the results of matches, and therefore it is considered an important skill that is no less important than the attack and its derivatives or response, and Jihan Kamal has proven that She emphasized the importance of defense for fencing. (3:11)

NLP classifies a person into patterns according to their prioritization by the senses into (visual, auditory, kinesthetic sense), and the senses and their associated sensory functions are among the most accurate and most important organs that perform their role in human life in the acquisition of knowledge and skills, how to distinguish in performance, and from The most important senses that play an important role in the acquisition of human knowledge and the level of performance of the various actions are senses of hearing and sight. The current research is an attempt to refine and address the experiences of the fencing player through his senses and translate these experiences using the language to achieve the best encoding of this language and this behavior in an integrated format to access nerve linguistic programs and models. Mayza depending on the individual differences of the fencing players, Which helps players enjoy and adapt to sports performance, get rid of sources of psychological stress, negative thoughts and

emotions, and reduce the chances of psychological exhaustion, which achieves training goals.

In view of the scarcity of research that studies the classifications of human senses and their preponderance in the educational and training process, and through the work of the researcher it was found that students 'response to practical exercises and theoretical lessons are not balanced, some may be absorbed from the first time, others may need repetition, and others may not respond in repetition to acquire Knowledge and information, and this may be due to the different patterns of students in giving precedence to their senses to acquire knowledge, some of which are auditory, including visual, and sensory ones, which prompted the researcher to study the effect of a training program using representative patterns of NLP at the level of performance of some Attack and defensive skills of players fencing according to the patterns of representative (visual, auditory, kinesthetic sense).

Research objective:

The research aims to design a training program according to representative patterns (visual, auditory, kinesthetic sense) for linguistic programming and to know its effect on improving the level of performance of some attack and defensive skills for fencing players.

Research hypotheses :

1- There are statistically significant differences between the mean scores for the pre and post measurements of the first experimental group (Visual) in the level of performance of some attack and defensive skills in favor of the dimensional measurements.

2- There are statistically significant differences between the mean scores for the pre and dimensional measurements of the second experimental group (auditory) in the level of performance of some attack and defensive skills in favor of the dimensional measurements.

3- There are statistically significant differences between the mean scores for the pre and post measurements of the third experimental group (kinesthetic sense) in the level of performance of some attack and defensive skills in favor of the dimensional measurements.

There are differences in the rates of improvement between the averages of the degrees of pre and post measurements among the three experimental groups ((Visual, auditory, and

kinesthetic sense) in the level of performance of some attack and defensive skills.

Research plan and procedures:

Research Methodology :

The researcher used the experimental approach to design three experimental groups by means of pre and post measurement, to suit this design to the nature of the research.

research community :

The research community included students in fencing training - specialization at the Faculty of Physical Education, Assiut University year 2018/2017, and the research community reached (23) students for the basic sample and (5) students for the exploratory sample

The research sample :

The research was conducted on an intentional sample of (23) students from fencing specialization at the Faculty of Physical Education - Assiut University, they were classified into three experimental groups, the first experimental group (9) (Visua)l and the second experimental group (8) audio, and the third experimental group (6) Kinetic sense, according to the results of the VAK model, then homogeneity

was performed between the three groups.

Data collection tools:

First: the tests

1-VAK Representative Model Test.

2- The high IQ test

3- Skill tests.

Representative Sample Test Attachment (2)

Test model pattern representative ness VAK works. On the homogeneous construction of all the components of the educational process and helps to achieve better results for the desired goals, and through better thinking, it is one of the tests that are fully applied in the field of education, whereby the method of receiving information in various educational fields is identified, and the test specializes in Determine the preferred learning style, the appropriate way to receive information, and the appropriate method for presenting and presenting the attached information (2). (19:52) Higher Intelligence Test: Prepared by **elsayed Mohamed Khairy**, attached (4)

It is one of the tests for the measurement of intelligence among students of university education. It consists of (42) questions that range in difficulty and include various

samples of mental functions, the most important of which are:

- The ability to focus attention, which is to implement a number of instructions at once. Verbal readiness is represented in dealing with verbal questions of expression and meaning.

- Numerical reasoning, which consists in solving numbers series and computational reasoning questions.

Verbal reasoning is represented in logical judgments, verbal proportions and the ability to perceive relationships (7).

Scientific coefficients for test

A- Validity of the test:

The honesty coefficient was found to test the representative pattern model using the sincerity of the test method, by applying to a sample of students (5) students (from the same community and outside the research sample), and students were chosen in an intentional manner according to the characteristics and behaviors of the three patterns, as determined by the science of NLP Thus, three groups were identified, one of which is visual (2) students, the second is audio (2) students, and the third is a kinematic sense of one student. After that, the test

was applied to the three specific groups previously known, and it was found that the test accurately identified the audio group with the same number and people and distinguished it from the visual group With its number and people, As well as a sense of group dynamic, which shows the sincerity of the test in its ability to distinguish between the three types when applied.

B - the stability of the test:

The stability factor was found to test the representative pattern model by application and then re-application, on the same sample of honesty with its three groups as the first application, whose patterns were previously determined according to the characteristics and characteristics of each pattern, so the following classification was given: Visual (3) students, auditory (2) students, sensory Mobility of two students, and after two weeks passed, the test was re-applied to the three groups with the same members of each of them, in the period from 18/2/2018 to 19/2/2018 and it was found that the test was given in the second application the same results as the first application without the slightest difference in the

number of individuals each group.

4- Attack and defensive tests attached

The researcher selected the attack and defensive tests under consideration, based on reviewing some previous studies.

Third: A data collection form for registering data and special measurements under consideration.

Fourth: The proposed training program in its three applied forms (audio, visual, kinesthetic sense).

piolt study:

The researcher conducted an exploratory study in the period from 11/2/2018 to 12/2/2018

On a sample consisting of (5) students from the original community and from outside the basic research sample, with the aim of the following:

1- Ensuring the validity of the devices and tools used for training and measurements.

2- Ensuring how the tools and devices are used to suit the correct performance conditions.

3- Knowing the difficulties that the research may face when carrying out the tests and measurements and finding a way to overcome them.

4- Defining and codifying the training load, and determining the number of groups, repetitions and periods of intermission.

3- Ensuring the appropriateness of the application for each group according to its own style, and the researcher used many specialized references in this.

The foundations of building the program:

- That the program work as much as possible to achieve the goal for which it was set.

Taking into account the distinctive characteristics of the age group of the sample in question.

- The application is conducted for each group and informs its members of the nature of their own style so that the interaction will be automatic.

Taking into account the difference in application of each group according to its own style.

- The intensity of the training load ranges between 40% - 100% of the maximum that an individual can afford.

Take into account the diversity between high-intensity interval training and three-group repetitive training.

Take into account that the change in intensity is

individual, in proportion to the maximum pregnancy.

The program continues to run for 12 weeks at three training units per week.

Determine the time distribution for the implementation of the proposed exercises:

The researcher analyzed the references and studies related to the subject of the research and the expert opinion poll attached (7) to **determine the time distribution of the implementation of the proposed exercises, and she reached the following**:

Time planning of the program:
The program duration is 12 weeks.
 3 training units per week.
The total number of units is 36 training units.
Training days (Sunday, Tuesday, Thursday).
The time of the training unit (120) BC.
The training program was divided into three main stages:
1- General Preparation Stage: (4 weeks)
2- Special preparation stage: (5 weeks)
Pre-competition stage: (3 weeks)

Then the total time of the program without the warm-up and calming time was divided into different preparation periods (general preparation / special preparation / pre-competition preparation) as follows:

Physical preparation: physical preparation time (33%) = 1422 minutes.

Skill Preparation: Skilled preparation time (33%) = 1566 minutes.

Planned setup: Planned setup time (31%) = 1332 minutes.

The time of the general preparation stage, the special preparation stage, and the pre-competition preparation stage ranged as follows:

The time of the general preparation stage = 1440 BC
The time of the special preparation stage = 1800 BC
Pre-competition time=1080 BC

The sum of the three stages = 4320 s (program time)

Search steps:
- After defining the research population and sample, and through the results of the survey study conducted and the opinions of some specialized experts, the researcher did the following:
1- The tribal measurements of the individuals in the sample in question were conducted during the period from 2/14/2018 to 15/2/2018 in each of the following measurements:
- Measurement of height in centimeters using a restameter.

Measuring the weight in kilograms using the medical scale.

Measuring attacke skill tests (speed and accuracy test for diastolic movement skill for 10s

- Straight attack speed and accuracy test (10th) - Measured attack speed and accuracy measurement (10th)

Test the speed and accuracy of numerical onslaught (1,2,10s)

Defensive test measurements

2- Implementing the training program according to the representative patterns of the Neuro-Linguistic Programming for each of the sample groups under discussion in the period from 3/18/2018 to 6/8/2018.

3- Performing dimensional measurements and recording them for all the sample members in the variables under investigation.

5- Collecting, compiling and tabulating data and then statistically processing them.

Statistical treatments:

The data was processed with the following statistical parameters:

- SMA. - standard deviation.

Coefficient of torsion.

Correlation coefficient.

The rate of improvement.

Analysis of variance.

- T-test to indicate the differences between the two mediums.

Presentation and discussion of the results:

Discussing and interpreting the results of the effect of the training program on the level of performance of some of the attacke and defensive skills of fencing players for the first experimental group ((Visua)l):

- The training program has led to an improvement (testing the speed and accuracy of the diastolic movement skill for 10 s) in favor of telemetry, where the differences came between averages (1.433), and the improvement rate (11.42%) after the training program b reached at a significance level of 0.05.

- The training program has led to an improvement (the test of the speed and accuracy of the straight attack (10s.), In favor of the dimensional measurement, where the differences came between the averages (2.422) and the percentage of improvement (19.50%) after the training program b reached at the significance level of 0.05.

-The training program has led to an improvement (the test of measuring the kinematic velocity of the stroke and straight movement), in favor of

the dimensional measurement, where the differences came between the averages (2.81) and the rate of improvement (45.18%) after the training program B reached at the significance level of 0.05.

- The training program led to an improvement (the test of measuring the velocity and accuracy of the invading attack (10 w)) by a difference, in favor of the dimensional measurement, where the differences between the averages (2,156) and the percentage of improvement (16.93%) after the training program b reached at a significance level of 0.05.

- The training program has led to an improvement (testing the speed and accuracy of the numerical attack (1,2) 10 w), in favor of the dimensional measurement, where the differences came between the averages (2.156) and the percentage of improvement (16,03%) after the training program B at the level of significance 0.05.

For defensive skills:

- The training program has led to an improvement (the speed of progress and regression at a distance of 4 meters ...) in favor of the telemetry, where the differences came between the averages (2.41) and the

improvement rate (20.74%) after the training program was at the significance level of 0.05.

- The training program led to an improvement (testing the speed and accuracy of the side defense in the fourth and responding with the arm and stabbing for 10s), in favor of telemetry, where the differences between the averages (2,81) and the rate of improvement (22,29%) after the program The course is at 0.05.

- The training program has led to an improvement (testing the speed and accuracy of the circular defense ...), in favor of telemetry, where the differences between the averages came (4,317) and the improvement rate (37.55%) after the training program was at the significance level of 0.05.

The training program has led to an improvement (testing the speed and accuracy of the defense in the sixth and responding individually to the arm and stabbing for 10s), in favor of telemetry, where the differences between the averages (2.032) and the improvement rate (16,30%) came after the training program with at Indication level 0.05.

The researcher attributes the reason for this improvement and the increase in the level of performance of some attacke and defensive skills to the effective and positive impact of the proposed training program and the use of visual methods and methods that correspond to the specifications of the visual style, where the improvement rate ranged between 11.42% and 45.18% in favor of telemetry.

Visual trainees need to see the language of the trainer and the facial expressions, as this leads to a full understanding of the content of the training unit. They learn better through visual presentations using charts and books that contain texts, illustrations, transparencies, video and discussions, which was provided during the application of the program. The proposal.

Burn (2005) confirms that an individual with a visual style is characterized by activity and vitality and gives more attention to images and scenes than sounds or sensations and makes decisions based on what he sees or on the basis of his imagination of events, and then achieving better results. (17: 73)

Discussing and interpreting the results of the effect of the training program on the level of performance of some attacke and defensive skills of fencing players for the second experimental group (audio):

- The training program has led to an improvement (testing the speed and accuracy of the diastolic movement skill for 10s) in favor of the dimensional measurement, where the differences between the averages (1.922) and the percentage of improvement (15,30%) after the training program b reached at a significance level of 0.05 .

- That the training program has improved (test the speed and accuracy of the straight attack (10 w).), In favor of the dimensional measurement, where the differences came between the averages (2.811) and the rate of improvement (22.63%) after the training program B at the significance level of 0.05.

-That the training program has led to an improvement (the test of measuring the kinematic velocity of the stroke and straight movement), in favor of the dimensional measurement, where the differences came between the averages (2.92) and the rate of improvement

(46.96%) after the training program at at a significance level of 0.05.

- The training program led to an improvement (the test of measuring the velocity and accuracy of the attack attack (10 w)) by a difference, in favor of the telemetry, where the differences between the averages (2,687) and the percentage of improvement (21.03%) after the training program b reached at the significance level of 0.05.

- The training program has led to an improvement (testing the speed and accuracy of the numerical attack (1,2) 10 sec), in favor of telemetry, where the differences came between the averages (1,600) and the improvement rate (12.60%) after the training program was at a level of significance of 0.05

For defensive skills:

- The training program has led to an improvement (the speed of progress and regression at a distance of 4 meters ...) in favor of telemetry, where the differences came between the averages (1.97) and the improvement rate (16.93%) after the training program was at the significance level of 0.05.

- The training program has led to an improvement (testing the speed and accuracy of the lateral defense in the fourth and responding with the arm and stabbing for 10s), in favor of telemetry, where the differences between the averages (3.289) and the percentage of improvement (26.08%) after the training program b reached at a level Indication 0.05.

- The training program has led to an improvement (testing the speed and accuracy of the circular defense ..), in favor of telemetry, where the differences between the averages came (5.094) and the improvement rate (44.32%) after the training program was at the significance level of 0.05.

-That the training program has led to an improvement (testing the speed and accuracy of the defense in the sixth and responding individually to the arm and stabbing for 10 ws), in favor of telemetry, where the differences came between the averages (2.699) and the percentage of improvement (21.65%) after the training program with at a significance level of 0.05 .

The researcher attributes the reason for this improvement and increase in the level of performance of some attacke and defensive

skills to the effective and positive impact of the proposed training program and the use of visual methods and methods that are compatible with the specifications of the visual style, where the improvement rate ranged between 12.60% and 46.96% in favor of telemetry. Significance 0.05.

The researcher attributes the reason for this improvement and the increase in the level of performance of some attacke and defensive skills to the effective and positive impact of the proposed training program, and the use of audio and audio methods and methods that are compatible with the characteristics of the auditory style, where the improvement rate ranged between 12.60%, 46.96% in favor Dimensional measurement.

The owners of this pattern learn through verbal lectures, discussions, talking, listening and listening to what others say, and they interpret the meanings behind speech by listening to the tone, rhythm and speed of the voice, in order to reach the best results.

In this regard, **Della Sala** (2007) states that a person with an auditory system uses various layers of voice to speak and is characterized by his intense ability to listen to others without interrupting him and gives more attention

For sounds about views and feelings during his experiences and events and makes decisions based on what he hears and on his analysis. (18: 121)

Discussing and interpreting the results of the effect of the training program on the level of performance of some attacke and defensive skills of fencing players for the third experimental group (kinesthetic sense sense):

- The training program has led to an improvement (a test of the speed and accuracy of the diastolic movement skill for 10 s), where the differences came between the averages (1.033) and the improvement rate (8.23%) after the training program at the significance level of 0.05.

- The training program led to an improvement (the test of the speed and accuracy of the straight attack (10 w)), where the differences came between the averages (1.922) and the improvement rate (15.47%) after the training program was at the significance level of 0.05.

- The training program led to an improvement (the test of measuring the kinematic velocity of the stroke and

straight movement), where the differences came between the averages (2.38) and the improvement rate (38.21%) after the training program - at the significance level of 0.05.

- The training program has led to an improvement (the test of measuring the speed and accuracy of the attack attack (10 w)), where the differences came between the averages (1.589) and the percentage of improvement (12.48%) after the training program - at the significance level of 0.05.
- The training program has led to improvement (testing the speed and accuracy of the numerical attack (1,2) 10 w), where the differences came between the averages (7.11) and the improvement rate (5.78%) after the training program - at the significance level of 0.05.

For defensive skills:
- The training program has led to an improvement (the speed of progress and regression in a distance of 4 meters ...) where the differences came between the averages (4.19) and the improvement rate (36.02%) after the training program at the significance level of 0.05.
- The training program has led to an improvement (testing the speed and accuracy of the side

defense in the fourth and responding with the arm and stabbing for 10s), where the differences came between the averages (2.11) and the improvement rate (16.74%) after the training program at the significance level of 0.05.
- The training program has led to an improvement (testing the speed and accuracy of the circular defense ..) where the differences came between the averages (3.283) and the improvement rate (28.65%) after the training program was at the significance level of 0.05.
-That the training program has led to an improvement (testing the speed and accuracy of the defense in the sixth and responding with an individual arm and stabbing for 10 w), where the differences came between the averages (1.732) and the improvement rate (13.89%) after the training program at the significance level of 0.05.
-The researcher attributes the reason for this improvement and the increase in the level of performance of some attacke and defensive skills to the effective and positive impact of the proposed training program, and the use of concrete sensory methods and methods that are compatible with the

specifications of the kinesthetic sense pattern, where the improvement rate ranged between 5.78% and 38.21% in favor of telemetry.

The owners of this pattern learn better through following practical training and experimentation and doing activities to explore what is around them through movement and performance, and this is what has been followed in the application of the program

In this regard, **Dilts, Robert B & Judith** (2000) confirm that a kinesthetic sense individual gives more attention to sensations than sounds and images and makes decisions based on his feelings, and others can influence his feelings and thus his decisions. (19: 78)

-Discussing and interpreting the results of the differences in the rates of improvement between the pre and post measurements of the three experimental groups ((Visua)l, auditory, and kinesthetic sense) in the level of performance of some of the attacke and defensive skills of fencing players:

Here we note that the highest rates of improvement in the level of performance of some of the attacke and defensive

skills were in favor of the auditory group, while the improvement rates for the kinesthetic sense group were higher than the improvement rates for the visual and auditory group in (the speed of progress and regression test), but the visual group achieved higher rates of improvement than the proportions The auditory group improved in (the speed of progress and regression) test, as the visual group achieved the highest proportions in the test (speed and accuracy of numerical attack (1,2) 10 w)), thus we see the superiority of the sense of hearing over the sense of sight, and this corresponds to what was mentioned in the Holy Quran, which Hearing provides sight, "and do not stand up for what is not yours It is known that hearing, sight and joy all of those were responsible for it. **"Al-Israa** (36): And He gave you hearing, sight, and hearts, that you may be grateful. "**Ants** (78) (1)

This is consistent with what Sharpley mentioned quoting **(Mativiv)** the superiority of the auditory response over the visual response when he conducted an experiment to measure the speed of response through the sense of hearing and sight between two groups of high-level athletes and among non-practitioners of

sports by means of an (Visua)l and (Visua)l stimulus, so the results of the experiment exceeded the response speed in High-level athletes who do not exercise in a sense of hearing faster than sight. (23: 174)

Conclusions:

1- That the training program in light of the representative patterns of NLP has a positive effect on the level of performance of some of the attacke and defensive skills of the research sample.

2- The visual style is more prevalent among people, followed by the auditory pattern, and finally the sensory pattern in terms of number.

3- The auditory pattern has an advantage over the kinesthetic sense and visual style in fencing players training.

4 - That athletic training has a more effective effect when observing the patterns of the trainees, and dealing with them in light of them.

Recommendations:

Within the limits of the research community and the chosen sample, and in light of the research goal and hypotheses, and the results reached, the researcher recommends the following:

1- Application of the program

The application of the proposed training program in the light of NLP models, for its positive impact on improving the level of skill performance, when training students specializing in fencing and the like in the training age.

2- When planning training programs, consideration must be given to codifying loads and training content in light of the representative style of the trainees.

3- Carry out similar research on both sexes and in different sports.